

# 8-MINUTE MEDICINE BALL CORE WORKOUT

Perform each move for 30 seconds, repeating the routine twice.

**1 Overhead Crunch** - hold medicine ball with both hands over chest. Crunch ribs to hips, bringing the upper body off the mat and keeping arms over chest (not neck) to isolate the core muscles.

**2. Reverse Crunch + Pullovers** - with both hands, hold medicine ball over chest and bring knees to 90 degrees hovering over hips (feet flexed). Keeping arms straight, pull medicine ball behind head while pulling knees into chest performing a reverse crunch (you should feel this in the lower abdominals)

**3. Leg Lowers + Chest Press** - with both hands holding medicine ball over chest, flex feet and bring both legs in the air so your body is a 90 degree angle. Lower legs together (making sure not to bring lower back off of mat) while bringing medicine ball down toward chest (elbows go wide). When you lift legs back to starting position, lift ball back up over chest as well.

**4. Marching Crunches** - holding medicine ball over chest, bring one knee in, while crunching upper body off of mat. Medicine ball will press straight to ceiling. Slowly lower body back down to starting position and bring other knee into chest while crunch. Repeat and alternate legs. (Working lower and upper abs)

**5. Straight Leg Oblique Sit Ups** - lying legs straight on the ground in a V position, hold medicine ball over chest. Without using momentum, lift upper body off of mat, performing a sit up and reaching medicine ball to right foot, lay back down and repeat but moving medicine ball to left side. Repeat and alternate.

**6. Push-Throughs** - with feet on ground and medicine ball over chest, crunch upper body off mat and press medicine ball through legs.

**7. Russian A-Twist** - in c-sit position (body in shape of C) pull belly button into spine and hold medicine ball at chest height in front of you. Twisting to the right, bring medicine ball to back of right hip and lower upper body slightly, lift upper body back to C-sit position and lift medicine ball back to chest/neck height, then bring medicine ball to left hip lowering upper body slightly. Repeat and alternate.

**8. High Plank Hold** - with medicine ball on ground, place both hands on top of medicine ball forming a V-shape with your arms. Tuck your hips and hold a high plank.